

## Staying FIT - Not Just For My Job!

Being a Food Service Prisoner Leader at Newberry Correctional Facility, I need to stay physically fit to perform my duties. I am 57 yrs. old and part of my duties is to often lift items. The other part of my job is to walk around the food service area for 10 hours a day to watch all that goes on.

My family has a history of diabetes and heart attacks. At one time, I was overweight, under-care for diabetes and felt tired all of the time! Three years ago I started [CURVES](#) because I felt I needed to make changes in my life!



Since I have been working out at CURVES at least 3-4 times a week, I stay physically fit, have learned to eat healthier and do my job more efficiently.

I am so excited about the Curves program:

**I have lost four clothing sizes, don't have diabetes anymore and can keep up with the younger generation! J. M.**